

## Community Health Action Teams (CHAT) 2017 MINI-GRANT SUMMARIES



<b>Health Department Name: Allen County Health Department</b>	<b><i>Project: HARVEST "Healthy and Real Vegetable Eating Starts Today-Awarded \$16,414"</i></b>
Description: According to County Health Rankings and Roadmaps data, Allen County is ranked 76 <sup>th</sup> of Kentucky's 120 counties for their obesity rate (1 least rate and 120 highest rate). The Allen County CHAT Team is going to increase the knowledge regarding nutritious locally grown vegetables, demonstrate awareness on how to access and or prepare specific nutritious, low calorie vegetables for family consumption and reduce negative client attitudes toward consuming fresh vegetables with high nutritive value by implementing science based nutrition curriculums in the elementary, middle and high school. They will also be working with families that participate in the SNAP Ed program to provide education on nutrition, budgeting and recipe demonstrations at group meetings. Education will also be provided to the CORE summer camp.	

<b>Health Department Name: Casey County Health Department</b>	<b><i>Project: Casey County Community Health Improvement Plan Implementation and Continuation-Awarded \$15,000</i></b>
Description: County Health Rankings 2017 ranks Casey County as 81st in health outcomes and 99th in health behaviors. Quality of Life ranking hovers at 84 with all seconds scoring above state averages. Casey County is in the Appalachian Region and listed as a "distressed" county. Casey County has a good highway transportation system which enables reliable movement of goods and services north and south. US Highway 127 traverses the length of Casey County through Liberty, the County seat, and is a major transportation corridor connecting the central and northern parts of Kentucky to the Lake Cumberland area and Tennessee. In 2012 the Casey County Community Health Coalition (CHEC) and the Casey Agency for Substance Abuse Policy (ASAP) joined forces to complete a community health assessment and community health improvement plan (CHIP). Priority Health Area number 1 was Substance use; alcohol, marijuana (youth) and tobacco (adult & youth) with the goal being to reduce substance use among adults and youth in Casey County. The Casey County Health Department will be using their CHAT funding to create a Harm Reduction, Syringe Exchange Program and reduce substance abuse among adults and youth.	

<b>Health Department Name: Clay County</b>	<b><i>Project: Improving Health and Wellbeing in Clay County, KY-Awarded \$10,000</i></b>
Description: According to the 2017 County Health Rankings, Clay County ranks 120 <sup>th</sup> out of 120 counties for health factors, 120 <sup>th</sup> for Quality of Life indicators, and 112 <sup>th</sup> out of 120 for Overall Health Outcomes. Clay County has persistently ranked in the bottom quartile since the inception of the County Health Rankings. Many of the indicators in the County Health Rankings could be improved by emphasis on improved health literacy and financial literacy. The Healthy Clay Coalition will initiate a new focus area to address health and financial literacy. Several common behaviors in the community, including both lifestyle behaviors and behaviors around seeking health care (e.g. excessive/unnecessary Emergency Department usage) will be addressed through health and financial literacy interventions. The Clay County Health Department and Healthy Clay coalition will complete a Community Health Improvement plan in tandem with the Healthy Clay Strategic Plan. Another goal of the coalition is to complete the development of a county-wide Pedestrian and Cyclist plan.	

<b>Health Department Name: Floyd County</b>	<b><i>Project: Floyd County: Partnering to Improve the Community's Health-Awarded \$10,000</i></b>
Description: Floyd County's current overall ranking in health outcomes in Kentucky County Rankings is 115. Floyd County's project is a continuation of a long term primary goal to "Improve access to healthy lifestyles choices in Floyd County, with two overarching goals to increase access to healthy foods and access to safe places to walk". Floyd county health department will continue to partner with Appalachian Roots to support Farmer's Market Double Dollars Program and education of SNAP and WIC recipients regarding access to local fresh foods and enhancing the Good and Cheap market sampling demonstrations on three Saturdays of the market season. Expansion of the Good and Cheap Cooking demonstrations to three weekly sessions targeting parents/guardians for nutrition education, meal planning and preparation. An assessment of the current parks/walking tracks in the county for safety will be conducted and the LHD will provide mini grants for local groups to make improvements needed. Incentives to form more walking groups in different areas of the county will also be provided.	

<b>Health Department Name: Fulton County</b>	<b><i>Project: Building Partnerships to Ensure Better Health-Awarded \$15,000</i></b>
Description: County health Rankings and Roadmaps report that 26% of adults in Fulton County report poor or fair health days. 41% report insufficient sleep and 22% report food insecurity. Fulton County's goal is to recruit diverse members from various community groups to create a Fulton County Health Coalition. The primary focus of this health coalition will be to gather feedback on the summer feeding program to find out why attendance for free meals is so low in an area with such a high food insecurity percentage.	

<b>Health Department Name: Green County</b>	<b>Project: Community Health Improvement in Green County</b> <b>Awarded: \$17,389</b>
Description: The latest data from County Health Rankings and Roadmaps reports that 29% of children under the age of 18 live in poverty compared to the state average of 25%. The Kentucky Minority Health Status Report shows that the highest rates of individuals living in poverty are among minority children and the elderly. The Green County Health and Wellness Coalition's primary goal is to reduce the amount of Chronic Disease in Green County and the effects it has on the citizens by producing a media campaign to promote fruit and vegetable consumption targeting Green County's senior citizen's population and children in the county identified as living in poverty. The coalition will contact 50% of the senior citizen population with information on Farmers' Market and collect data specific to their needs. The coalition will also develop a system to provide outreach and follow-up with recipients of Farmers' Market WIC food instruments in order to increase WIC redemption rates by 50%.	
<b>Health Department Name: Jefferson County-Louisville Metro Department of Public Health and Wellness</b>	<b>Project: Louisville Farmers Market Association (LFMA) Nutrition Assistance Project</b> <b>Awarded: \$19,094</b>
Description: 17.8% of Jefferson County residents have low access to grocery stores where fresh fruits and vegetables are sold. Alarmed at continuing public health impacts suffered by residents and their children without access to fresh produce, the Louisville Farmers Market Association (LFMA) aims to increase access to healthy foods for low-income families who participate in the Supplemental Nutrition Assistance Program (SNAP) by promoting purchases at farmers markets. Evidence shows SNAP, SNAP-incentive programs and the Senior Farmers Market Nutrition Program (SFMNP) have been instrumental in providing food access to low-income families and in creating a community of support for farmers' markets to build on. Ensuring federal nutrition programs are redeemable at Louisville's local farmers markets enables the LFMA's Nutrition Assistance Program to increase access to healthy foods, reduce health disparities and benefit farmers' income.	
<b>Health Department Name: Jessamine County</b>	<b>Project: Jessamine County Healthy and Safe Communities Coalition</b> <b>Awarded: \$15,000</b>
Description: According to the 2017 county health rankings, Jessamine County ranks 18 out of 120 counties (negative increase from #9 in 2016) in health outcomes and 17 out of 120 counties in health factors (positive increase from #20 in 2016). Two health behaviors identified by county health rankings to explore include: Adult Smoking and Adult Obesity, which were 7% and 6% higher than the Top U.S. Performers, respectfully. Even though the Safe Communities Coalition has met national evidence-based standards, one area of opportunity the coalition would like to build upon is related to addressing Jessamine County's health outcomes. To date, a healthcare coalition does not exist in Jessamine County. Therefore, the primary goal of this project is to expand the current work of the Safe Communities coalition by adding a healthcare focused component tasked to address health equity issues in our county, as health equity has been identified as a gap in the current Safe Communities Coalition's work. Through this restructuring process, the current "Safe Communities Coalition" will be renamed "Healthy and Safe Communities Coalition".	
<b>Health Department Name: Kentucky River District</b>	<b>Project: Community Health Assessment for the 7 Counties of the Kentucky River District Health Department</b> <b>Awarded: \$20,000</b>
Description: All of the counties in the Kentucky River District rank in the bottom twenty counties in health outcomes. The primary goal of the project will be to conduct community health assessments in all seven counties and then develop a community health improvement plan by justifying how and where resources should be allocated to best meet community needs. Health needs include but are not limited to: smoking, prescription drug abuse, sexually transmitted diseases/teen pregnancy, diabetes, obesity and child safety and wellness.	
<b>Health Department Name: Knox County</b>	<b>Project: Increasing Access to Drinking Water in Knox County Schools</b> <b>Awarded: \$15,000</b>
Description: The Kentucky Health Issues Poll (KHIP) funded by the Foundation for a Healthy Kentucky ( <a href="http://healthy-ky.org">healthy-ky.org</a> ) and Interact for Health asked Kentucky adults to name the most important health care issues facing Kentucky men, women, and children. Respondents could provide any answer to this question. Obesity was cited as the top health issue for children. One in 4 Kentucky adults who were polled said obesity was the greatest health issue that they saw facing children today. Through providing practical access to water in Knox County Schools, students will be more likely to choose water than they otherwise would, instead of less healthy alternatives. This will be accomplished with the introduction and installation of Water Filling Stations in 2 pilot schools in Knox County. These water filling stations will be located where a traditional water fountain is, to allow students to fill water bottles which can be taken with them to lunch, class, and/or physical activities. Providing these stations will encourage students to rehydrate regularly and make healthier choices when choosing what to drink. Students, faculty, coaches and other stakeholders will within the school community will be educated regarding the benefits of selecting water over other choices utilizing the "Rethink Your Drink" campaign, an evidence based program promoted by the CDC.	

<b>Health Department Name: Lawrence County</b>	<b>Project: Lawrence County Health Department CHA, CHIP and Strategic Plan Awarded: \$19,977</b>
Description: The County Health Rankings places Lawrence County at 105 for health outcomes and 102 for health factors of Kentucky's 120 counties. Smoking, obesity and a lack of physical activity contribute to poor health outcomes leading to diabetes, cancer and respiratory disease among others. Lawrence County Health Department, in partnership with the Lawrence County Health Action Team (HAT), will conduct a Community Health Assessment (CHA) and develop a Community Health Improvement Plan (CHIP) and Strategic Plan with a focus on health equity. In the past, the health department has facilitated the community health assessment process independently through the collection and analysis of quantitative secondary data. In an effort to align the priorities of the community toward common goals, for this CHA we will take a collaborative approach which will result in a greater likelihood of improved health in Lawrence County.	
<b>Health Department Name: Lexington Fayette County Health Department</b>	<b>Project: Increase Fresh Stops Capacity Awarded: \$20,000</b>
Description: According to the USDA's Food Access research atlas, 17% (50,586) of Fayette County residents meet low-income and low-access thresholds that quantify 34 census tracts as food deserts at the ½ mile metric. According to the 2017 County Health Rankings, in Fayette county, 17% of the residents are food insecure. These factors contribute to diet-related illnesses and diseases. 9% of adults age 20+ have been diagnosed with diabetes. 27% of adults are obese. 32% experience hypertension. 34% of children are overweight or obese. This grants primary goal is to expand Fresh Stop Markets to one new fresh food insecure neighborhood in Lexington. This evidence-based practice improves community health by increasing healthy food access, education, and decreasing food insecurity.	
<b>Health Department Name: Hardin County</b>	<b>Project: Ride to Independence Awarded: \$20,000</b>
Description: Poverty within Hardin County affects approximately 25% of its residents, according to 2017 County Health Rankings data. Kids Count data mirrors those results with 25% of Hardin County children living in high poverty neighborhoods and 12% of those children living in deep poverty. Poverty is widely recognized as a major determinant of health. A recent survey completed by the Hardin County residents as a part of the Lincoln Trail District Health Department Community Health Assessment indicated that 50% of all respondents' view access to healthcare as a component of a healthy Hardin County. In addition, survey data of low income residents who visited a local Hardin County soup kitchen in the past month revealed that 32% missed medical appointments because of lack of transportation. Ride to Independence (RTI) is a pilot project that will serve to remove inadequate transportation resources by targeting lower income individuals in Hardin County with transportation needs related to healthcare and work. RTI will be rooted in the Voucher Transportation Model where vouchers are provided to transportation disadvantaged individuals.	
<b>Health Department Name: McCreary County</b>	<b>Project: Advocating for a Healthier McCreary County Awarded: \$18,998</b>
Description: McCreary County is a rural, Appalachian community with a population of 17,511 and a life expectancy of 73 (CDC Census data) According to the CDC, 40.7% of McCreary County residents live in poverty with the median income in the county being approximately \$19,328. Chronic disease rates exceed district, state, and/or national averages in most categories. The McCreary County Health Coalition plans to decrease chronic disease by enhancing public health infrastructure for existing coalition, present a tobacco free ordinance and implement this throughout the community and create a Harm Reduction, Syringe exchange program.	
<b>Health Department Name: Montgomery County</b>	<b>Project: Montgomery County Comprehensive Harm Reduction Initiative Awarded: \$20,000</b>
Description: Based on the Center for Disease Control's (CDC) WONDER data, Kentucky had the 2nd highest age-adjusted 2013 drug overdose fatality rate in the nation. According to the Kentucky Injury Prevention and Research Center (KIPRC), overdose deaths rose in 2015 in all categories including: total deaths, age-adjusted death rates, and age-adjusted drug overdose deaths involving heroin. Based on the 2017 KIPRC Resident Drug Overdose. Deaths By County Between 2012-2016, Montgomery County has had 34 total deaths due to overdose, increasing from less than 5 deaths in years 2012 and 2013 to 11 and 9 deaths in 2014 and 2015, respectively, and 8 total deaths in the first six months of 2016. KIPRC's Drug Overdose County Profile shows drug related in-patient hospital discharge and ED visits in 2014 were 113 related to Hepatitis C, 14 related to HIV, 7 because of Endocarditis, and 45 visits because of drug overdose, abuse or dependence combined with Hepatitis C. The Montgomery County Health Department (MCHD) is committed to educating the community at all levels and provide opportunities for harm reduction measures to be developed for all populations. A partnership between MCHD, Montgomery County Healthy Communities Coalition, ADAPT substance abuse workgroup, ASAP Local Board, and the newly formed Harm Reduction workgroup, we plan to educate from preschool to the adult population to teach positive decision-making skills and provide ways to increase harm reduction by decreasing accidental sticks and use of contaminated needles, decrease heroin overdose, and increase use of Narcan kits, increase referrals to treatment and rehab, and increase support for families.	

<b>Health Department Name: Northern Kentucky Independent District Health Department</b>	<b>Project: Primary Prevention Strategies to Reduce Prescription Drug Misuse/Abuse <i>Awarded: \$10,000</i></b>
<p>Description: Prescription drugs, specifically opioids and benzodiazepines, are widely available in Kentucky, especially when compared to the rest of the United States. According to the CDC, in 2012 there were 128.4 opioid prescriptions per 100 residents (4th highest in the US) and 57.4 prescriptions for benzodiazepines per 100 residents (5th highest in the US). With regards to the overdose death rate (including both prescription and illicit drugs), there is a huge disparity in Northern Kentucky when compared with both the Commonwealth and the nation. According the CDC, the US overdose death rate was 16.3 per 100,000 people in 2015. For Kentucky, it was 29.9 per 100,000: For Boone, Kenton, Campbell, and Grant counties, the average overdose rate in 2015 climbed to 41.1 per 100,000 (KIPRC, 2017). The primary goal of this project is to reduce prescription drug misuse by Northern Kentucky youth and young adults. This goal will be accomplished by working with existing community drug-free coalitions to reduce the risk factors associated with prescription drug misuse, specifically access, availability, and lack of knowledge. The four counties served by the Northern Kentucky Health Department Boone, Kenton, Campbell, and Grant — have been hit especially hard by the current opioid epidemic. Both Campbell and Grant counties have been identified by the CDC as areas vulnerable to outbreaks of Hepatitis C and HIV due to IV drug use. Additionally, according to the Kentucky Office of Drug Control Policy, during 2015 Boone, Kenton, and Campbell counties ranked in the top five Kentucky counties for heroin, fentanyl, and heroin/fentanyl combination overdose deaths.</p>	
<b>Health Department Name: Northern Kentucky Independent District Health Department</b>	<b>Project: Addressing obesity through policy, system and environmental changes. <i>Awarded: \$15,000</i></b>
<p>Description: This project will focus on two areas in the Northern Kentucky District, Grant County and the City of Covington. Grant County (GC) is Northern Kentucky's southernmost, rural county with a population of 24,923. The average income per capita is \$19,667, which is lower than the Kentucky average (U.S. Census, 2015). In rural populations with limited access to healthful food and physical activity opportunities, it's essential that the link between diet, health and the environment is well-established. The 2016 County Health Rankings show 26.3% of children live below the poverty line. The Kentucky Department of Education reports that 100% of Williamstown Elementary children and 74.4% of Grant County Elementary children are on the Free/ Reduced Meal Program. The Northern Kentucky Health Department's BMI data illustrates nearly 30% of GC Kindergarteners are overweight/obese. Focusing on increasing physical activity and food procurement in low-income, rural areas will eliminate health inequities and expand the reach of those inimically affected by childhood obesity. As indicated in the CHSS, Covington respondents reported less physical activity in the past month (69.6%) compared to NKY (74.9%) and Cincinnati (75%). Thirty-eight (38%) of adults in Covington currently smoke, which is higher than the region (25%) and much higher than the nation (16.8%). About 38% of Covington adults have been told that they had hypertension, or high blood pressure. This is an increase from the number of people reporting hypertension in 2010. Covington residents did report a higher prevalence of depression (28.4%) compared to NKY (22%) and Cincinnati (22.6%). The Interact for Health survey shows that about 25% of Covington adults reported that they were obese. This is better than in 2010, and is better than the percentage among Greater Cincinnati adults (38%). However, younger people are heavier. As reported in a sample of students from Covington Independent School District, more than 32% of Covington students are either obese or overweight, about the same as the nation (31.6 %). The NKHD staff will actively work with two local coalitions to facilitate a two-pronged approach to combat obesity— nutrition and physical activity. The primary goal of NKHD and the coalitions is to advocate for policy and system level change that will improve physical environments that will encourage physical activity, better nutrition and the overall health of NKY residents, workers and visitors. The target areas and populations for FY 2017-2018 are Grant County and the City of Covington.</p>	
<b>Health Department Name: Owsley County</b>	<b>Project: Harm Reduction-Needle Exchange Program...Getting a Boost! <i>Awarded: \$10,000</i></b>
<p>Description: According to Kentucky Health Facts, Owsley County had 3,138 drug arrests (per 100,00 population), much higher than the state rate of 1,476. The goals for establishing the needle exchange program in Owsley County is to address the spread of blood-borne pathogen diseases among the intravenous drug user population through best practices in harm reduction. The promotion of preventive health and clinical services for blood-borne disease testing and substance abuse counseling and treatment options will be made available and creating a safer community by creating a safe space for disposal of contaminated syringes will be adopted.</p>	

<b>Health Department Name: Todd County</b>	<b>Project: <i>Live Longer Todd County</i> Awarded: <i>\$15,000</i></b>
<p>Description: For the 2017 County Health Rankings Todd County scored the following compared to the state average:</p> <ul style="list-style-type: none"> <li>• Poor physical health days- Todd County 5.0%, KY 4.7%</li> <li>• Adult Obesity- Todd County 34%, KY 33%</li> <li>• Physical Inactivity- Todd County 36%, KY 28%</li> </ul> <p>The primary goal for the Todd County Health Coalition is to increase awareness of coalition policies outlining how to improve the community's health. We plan to achieve this through the updating of our community health assessment to better engage our citizens with their chosen top priorities for our area. We also plan to attend and support the Pedestrian Plan Committee by being present at meetings, participating in the Todd County Pedestrian Plan, and the development of a Todd County walking/biking trail. The coalition also has a vested interest in creating a strategic branding and logo design for our coalition by contracting with a graphic designer. We also plan to attend meetings and support a newly forming Amish genetics clinic in our area called the "We Care Clinic" which will become the 8th in the nation and increase access to care for our Amish population. Our coalition would like to also develop a guide for residents on where to find locally grown produce to help combat against obesity.</p>	

<b>Health Department Name: Whitley County</b>	<b>Project: <i>Let's Get Healthy Whitley County!</i> Awarded: <i>\$15,511</i></b>
<p>Description: The County Health Rankings of 2017 reveals out of 120 counties of Kentucky 1 being the healthiest, Whitley County ranks 109 in health outcomes or length of life and 110 in health behaviors. This project will serve Whitley County Kentucky population in different facets; first to change community health norms by changing the living environment to promote physical activity through walking and cycling. Second to help those with low income to eat healthier on a budget in worksites and throughout the community that are at high risk for developing chronic diseases such as diabetes, hypertension, heart disease and other illnesses caused by being overweight and obese, and third to build a stronger more sustainable community coalition by getting community partners at the table to address Whitley county health issues for developing an updated community health improvement plan. The primary goal for this grant is healthy and safe communities to address improving health outcomes through healthy eating, and to gradually change city infrastructure to be conducive to physical activity and safety.</p>	